

## Role of the Patient At Home

- Be your own advocate! Talk to your health-care provider about celiac disease and ways to maintain your physical and oral health. The dentition can provide clues that point to celiac disease.
- Ask about testing. A simple blood test for specific antibodies is a start. A colonoscopy is the only definitive test.
- Use gluten-free toothpaste, dental floss, and mouth wash.
- Recurrent aphthous ulcers, atrophic glossitis and oral lichen planus: palliative treatment, recommend over-the-counter topical medications and antimicrobial mouth rinses, avoid hot, spicy, acidic foods/beverages.
- Cheilosis: use balms or lip creams, drink adequate water, avoid licking the lips, use B-vitamin supplements.



## Bibliography

- Celiac Disease. (2018, March 06). Retrieved from <https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220>
- Cheilosis Treatment Options. (n.d.). Retrieved from <http://www.healthyskinportal.com/articles/cheilosis-treatment-options/276/>
- Dental assistant clipart dental hygienist collection 002. (n.d.). Retrieved from <https://clipart.net/dental-assistant-clipart/dental-assistant-clipart-dental-hygienist-collection-002/>
- Dental Enamel Defects and Celiac Disease. (2014, September 01). Retrieved from <https://www.niddk.nih.gov/health-information/digestive-diseases/dental-enamel-defects-celiac-disease>
- Lichen Planus. (n.d.). Retrieved from <https://www.mouthhealthy.org/en/az-topics/l/lichen-planus>
- Macon, B. L., & YU, W. (2017, September 25). What is Glossitis? Types, Causes, and Symptoms. Retrieved from <https://www.healthline.com/health/glossitis#treatments>
- Maintain Good Dental Health with Celiac Disease. (2016, June 21). Retrieved from <https://www.glutenfreetherapeutics.com/living-gluten-free/medicine-research/maintain-good-dental-health-with-celiac-disease/>
- Malahias, T. (n.d.). Celiac Disease Oral Health. Retrieved from <https://celiac.org/celiac-disease/understanding-celiac-disease-2/celiacdiseaseoralhealth/#jFveRcy0peqG8VHK.99>
- Reamy, B. V., Derby, R., & Bunt, C. W. (2010, March 01). Common Tongue Conditions in Primary Care. Retrieved from <https://www.aafp.org/afp/2010/0301/p627.html>
- Sewell, J. (2013, October 14). Gluten Worries. Retrieved from <http://www.rdhmag.com/articles/print/volume-33/issue-10/features/gluten-worries.html>



## DENTAL HYGIENE TREATMENT OF THE CELIAC PATIENT



**C. Zhong, C. Branco, X. Wang**  
March 2018



## What is Celiac Disease?

- Celiac disease is an autoimmune disorder triggered by exposure to a protein called gluten that affects the small intestine.
- It is also known as celiac sprue, nontropical sprue, and gluten-sensitive enteropathy.

## How Does Celiac Disease Affect the Body?

When an individual with celiac disease ingests gluten, the body reacts with an immune response that attacks the villi located in the small intestine. This can lead to many health related issues and side effects.

Patients have reported:

- Diarrhea
- Anemia
- Bloating
- Indigestion
- Fatigue
- Vomiting
- Nausea
- Osteoporosis

## Who Is Affected?

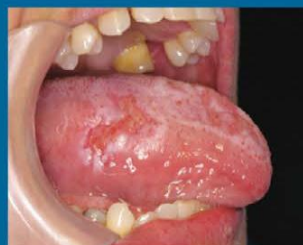
- Children and adults are affected by celiac disease. Studies show 1 in 100 people are affected.
- In America, 2.5 million people are undiagnosed.

People at higher risk have:

- A family member with celiac disease or dermatitis herpetiformis
- Type 1 diabetes
- Down syndrome or Turner syndrome
- Autoimmune thyroid disease
- Microscopic colitis (lymphocytic or collagenous colitis)
- Addison's disease
- Rheumatoid arthritis

## Common Oral Manifestations

- Dry Mouth
- Enamel Defects
- Delayed Eruption
- Cheilosis
- Recurrent Aphthous Ulcers
- Oral Lichen Planus
- Atrophic Glossitis



## Dental Hygiene Treatment For Celiac Disease

### In the Dental Office

- Use only gluten-free supplies .
- Enamel defects: use veneers, bonding, other cosmetic solutions to cover defects.
- Risk of caries: use gluten-free fluoride treatments.
- Recurrent aphthous ulcers: palliative gluten-free mouth rinse.
- Refer patient to primary care physician for additional treatment.



### Role of the Dental Hygienist

- Expand our education and knowledge about celiac disease, its symptoms, and its effect on the body.
- Educate patients regarding the connection between celiac disease and oral health.
- Ensure only gluten-free products are used for patients with celiac disease.
- Physician referrals for family members of patients with celiac disease.